

Gzhiijwang Ziibi Dabaadjimowin

Government news you can use  
Gdinimikaago ... Mino Enuhkummegud

Office of Public  
Affairs  
Contact Information  
1-888-723-8288  
1-231-398-6840

# Rapid River News!



Mdaaswi shaa nshwaaswi (Falling Leaves Moon)  
Binaakwe-Giizis 28, 2010 Volume 5 Issue 39

From LRBOI.

(The following information comes from a weekly update supplied to the Ogema concerning the tribal government, local communities and issues that affect overall tribal business.

**Click here for LRBOI Job Postings**

<http://www.lrboi.com/hr/index.html>

**Click here for LRCCR Employment**

<http://www.lrcr.com/employment.html>



## Children's Christmas Party Announced!

Please mark your calendar and register your children for this special event:

When: Sunday December 5th

Time: 11 AM to 3 PM

Where: LRCCR New Events Center

To register please call  
231-723-8288 or toll free 888-723-8288 and ask for:

Angie Stone - Ext 6829

Mary Thomas - Ext 6824

Deadline date for Registration: 5 PM Wednesday November 24<sup>th</sup>



(Registration is required for children to participate in this event as we need to have an accurate count of who will attend.  
Failure to register will result in your children not receiving a gift.)  
The party is open to Tribal and descendent children

## Elders Conference dates announced

The Elders Office has announced their fall conference dates at Little River Casino Resort. The dates are November 6 and 7. The Enrollment Department is going to be at conference November 6<sup>th</sup> from 9-noon doing Tribal Ids. Please note that all available rooms for this conference have

- **Organic Gardening/Seed Saving.** The Michigan Land Use Institute has announced a great programs for growers. *Seed Saving on the Small Farm* on November 1<sup>st</sup>. For information or to register, call Jim Sluyter at 231.941.6584 ext. 15 or [jimsluyter@mlui.org](mailto:jimsluyter@mlui.org).

## Warriors Society Updates

**Warriors Society next meeting is** November 6th at the Aki Maadiziwin Community Center

They wish to acknowledge tribal descendents currently serving in a combat zone as well as tribal citizens from LRBOI. Please contact the Warrior Society with your information.

A new ordinance is being reviewed rightnow for the group and it should be available within the next two months.



## Wii Bowling League

The CHRs from Tribal Health are holding **Wii** bowling for the Elders at the Community Center on **Wednesday** afternoons at 1 p.m. The fun game is really taking off and they hope to add more days as more and more people sign up. For more information, contact your CHR or Tribal Health.

## MITW Reminder

If you are applying for the Michigan Indian Tuition Waiver you will be denied by the Michigan Civil Rights Department if you do not include a copy of your Michigan Driver's License (or State of Michigan ID) and your Tribal ID card. Make sure you include it with your application.

## Work Search Computer!

The Commerce Department's Workforce Development Program has had a computer installed for job search and career-related activities at the Commerce Dept., 294 River Street. The computer may be used by any Tribal Citizen or Descendant and they must be signed up with the Workforce Development Program. The department also maintains a hard copy Job Postings Book at the workstation for all job postings through Tribal Government and LRCR, as well as other job resource information.

## All Singers & Drummers:

If you are interested in learning about our tribal songs and drumming, a group has formed to practice on Wednesdays. Please feel free to call Bill Memberto at 398-6728 regarding this effort.

## Ghost Supper

## November 1<sup>st</sup>!

At 5:47 p.m. a Ghost Supper will be held at Aki Maadiziwin. The supper is being organized by the Tribal Historical Preservation Department. See the flyer below. A Ghost Supper is also being organized by the Kateri Circle folks in Muskegon. Their information is also shown below.

## Tutoring Assistance

Santana Aker – Tribal Education Youth Assistant is offering tutoring at the LRBOI Old Community Center every Wednesday - October 6<sup>th</sup> – December 8<sup>th</sup> from 2pm - 6pm(ish). For more information, contact Santana at Phone: (231) 398-6654 or by Email at: [Saker@lrboi.com](mailto:Saker@lrboi.com) See the flyer below for more details.

## (Kateri Circle)

*"Men and women have an equal responsibility to restore the strength of the family, which is the foundation of all cultures."* --Haida Gwaii Traditional Circle of Elders

Today I need to remember You are everywhere.

I need to remember how much You love me. I need to know, Grandfathers, that You are always listening. Today I need to know how much You care. Today I will remember the advice of the Elders. "Say your prayers and then don't worry - know that the Great One has heard you." It's so much easier to do this, Grandfather, when I feel connected to You.

*The family is the heartbeat of strength of the culture. The grandfathers and grandmothers taught their children; they in turn had children who taught their children. If the family isn't taught the culture, then the children become adults, and the adults become the grandfathers and grandmothers, and the result is the culture becomes lost. This is how language is lost; this is how dances are lost; this is how knowledge is lost. We need to listen to our Elders, today, before it's too late.*

## Come Join the Diabetes Talking Circle

- **Learn:**
- **Myths about diabetes**
- **Diabetes prevention**
- **Diabetes risk factors**
- **Types of diabetes**
- **Eating healthy, dietary guidelines**
- **Reading food labels and shopping for healthy foods**
- **Healthy food preparation**
- **Traditional foods**
- **Routine medical care**

This group can help support your desire to change your eating habits/diet, support a family member with diabetes, and assist you in making changes to be healthier. Tuesday 5:30 p.m.-6:30 p.m. at the Tribal Health Clinic or Wednesday 1:30 p.m.-2:30 p.m. Aki Community Center. Classes run for 12 weeks. For more information or to sign up for a class contact Holly Davis RN, MSN Diabetes Educator/Community Health Nurse 231-398-6610 or Teresa Johnson Community Health Representative at 231-398-6629.

**Muskegon Four Season's Kateri Circle Gathering for 2010**  
Dates and Times for coming events—Patti Wlodkowski 755-4865

**Ghost Supper Geba-geshick Nov. 7, 11 am – 4 pm**

**Christmas Gathering Dec.19, 11 am – 4 pm**

**Times for the Gatherings held at**

**ST. Thomas Hall 3252 Apple Ave. Muskegon, Michigan { M-46 }**

**The Time for the Summer Gathering will be 10:30 am to 3 pm**

**Which will be held at Krause Park { End of Sherman blvd. }**

**For all gatherings it is requested that those attending the POTLUCK bring a dish to pass ....We try to eat at noon for all gatherings**

**For Easter –Halloween and Christmas gatherings we would like donations of candy so we can make up goodies bags for the children, with the extra going to everyone**

**Any person who wishes to sell their hand made items at our gatherings is welcome to do so , but you are responsible for your own items.....**

**If you would like to volunteer we always need help on set up and clean up**

**Four Season's Kateri Circle Leader Patti Wlodkowski -755-4865- Musk**

**Debra Gutowski - Director  
Native American Ministry**

**360 Division Ave. S**

**Grand Rapids, Michigan – 616-514-6065**

## Commissions/Committees:

The following commissions have current openings.

Gaming Commission	2 openings
Health Commission	2 openings
Binojeeuk	2 openings
LRCR Board	1 opening for an elected official

All other commission seats available have been filled.

## HIS & HERS GOOD FELLOWSHIP AA GROUP

**HIS & HERS GOOD FELLOWSHIP AA GROUP** has been moved to the Aki Community Center at 2953 Shaw Be Quo-Ung, Manistee. That is at the corner of Dontz Rd. and Shaw Be Quo-Ung (Aki Housing area). The group still meets at 7 p.m. every Thursday evening.

### Nutrition Tips:

- Eat three meals a day.
- Start with a healthy breakfast.
- Drink fluids with and between meals – up to 8 glasses a day.
- Select at least 3 servings of milk or milk products.
- Select at least 6 servings of whole grain cereals and breads.
- Select at least 3 servings or more of vegetables and 2 servings of fruit.
- Select at least 2 servings of meat, fish or poultry.
- Select smart snacks – low in fat and simple sugars.
- Select smart beverages – low in simple sugars like sodas.
- Use salt sparingly.
- Use alcohol sparingly.
- Use oils, fats and sweets sparingly.

Meals served at Noon at no charge to Elders and Spouse who have completed the Intake Form. All others are welcome for a nominal charge not to exceed \$5.00.

Donations are appreciated and are used for program activities and food.

Please contact Noelle Cross  
with any questions  
Phone: 231-398-6886

E-mail: ncross@lrboi.com

Please register the days you intend to have lunch a week in advance—  
Contact June Sam Phone: 398-6880

Menu subject to change without notice  
Meals meet 33 1/3 % of the RDI based on a 1600 to 2000 calorie diet.

## Aki Community Center Elder Meal Program Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Chicken Noodle Soup Grilled Cheese Jell-O with Pears Vegetable Juice	
	3	4	5	6	7	8
	Meatloaf Mashed Potatoes Corn Fruit Cocktail Activity: Card games		Spaghetti Corn Garlic Bread Blueberry Pie Activity: Wii Bowling		Baked Chicken Cauliflower & Broccoli Scalloped Potatoes Fruit Crumble	
	10	11	12	13	14	15
	Goulash Pea & Carrot Salad Cornbread Pudding		BLT's Chicken & Dumplings Carrots & Celery Cake Activity: Wii Bowling		Beef Stew With Veggies Fry Bread Jell-O with Fruit Activity: Chair Exercise	
	17	18	19	20	21	22
	BBQ Pork Beans Vegetables Peaches Activity: Prize Bingo		Lasagna Bread Sticks Vegetable Juice Shortcake/ Strawberry Activity: Wii Bowling		Tuna Noodle Casserole Carrots Wheat Bread Applesauce	
	24	25	26	27	28	29
	Pork Roast Carrots Red Potatoes Carrot Cake Activity: Nutrition Presentation		Turkey Sandwich Lettuce & Tomato Bean Soup Strawberry Bruchetta Activity: Wii Bowling		Hot Beef Sandwich Mashed Potatoes Green Beans Pumpkin Pie	
	31					





### The Tradition of Ghost Suppers

The tradition of a Ghost Supper, or Feast of the Dead, is celebrated yearly to honor our departed loved ones with a meal and remembrances. Throughout the years, changes may have been made from what some people remember long ago, but the meaning has remained the same.

According to Christian beliefs, All Soul's Day occurs on November 2nd, thus our adaptation for celebrating and honoring our loved ones at this same time. Often, families gather together to host the suppers at their private homes and so that everyone can partake, the dates are sometimes spaced apart throughout the month of November. Community members may often attend several Ghost Suppers and each individual that attends represents a spirit.

Generally, the foods that are prepared for the feast are those most enjoyed by the departed or a dish that they were remembered for making. Most often at a Ghost Supper one can expect to find meals of fish, venison, wild rice, fry bread, corn, squash, potatoes, and other traditional staples. A ceremonial fire is lit and maintained outside at which praying and a quiet time for reflection and remembrance is customary. Prior to the feasting, a prayer is said and a plate with a little bit of every dish is prepared and offered in the fire to honor those who are no longer physically with us. Typically, this time is for remembrance and fellowship with the living and the dead.

Besides food, gifts are set out and offered so that the spirits can partake of these offerings that they may be missing. Some of these gifts may include sema (tobacco), wiingash (sweetgrass), mshkwadewashk (sage), and kiishig (cedar). Non-traditional gifts may include candy, coffee, flowers, or some other favorite item that your loved one may be missing.

Traditionally, the Ghost Supper continues until all of the food is gone and at times they have been known to go on until the early morning hours or longer. Often, native communities host a community-wide Ghost Supper at a central location, which is what we do here at Little River.

**Wegnesh:** LRBOI Community Ghost Supper

**Aanii Piish:** LRBOI Community Center (at Aki Maadiziwin)

**Wenesh Pii:** Monday, November 1, 2010 at 5:47 p.m.

Please bring your loved one's favorite dish to pass.

Meat, beverage, and tableware will be provided.

## Tutoring Available: For all students

Where: LRBOI Old Community Center

Dates: Every Wednesday - October 6<sup>th</sup> – December 8<sup>th</sup>

Time: 2pm - 6pm(ish)

Contact: Santana Aker – Education Youth Assistant

Phone: (231) 398-6654

Email: [Saker@lrboi.com](mailto:Saker@lrboi.com)

- Walk-ins welcome – Appointments preferred

- The tutoring is available to any student finding they need help in any subject area. I have a strong knowledge base of most subjects, but my emphasis areas are in Social Studies/History and English.
- If you need assistance in any other education related task, such as organization, time management, etc. These are areas that I can also assist in helping.
- I am available to college students, but the time reserved for them is between 2pm – 3:30pm, which is before high school students are out of school.

## Pink Day in Manistee!

The West Shore Hospital Foundation sponsored an event in downtown Manistee last week in support of Breast Cancer research and prevention. A number of Tribal Government and Casino employees participated in the event. See the next **Currents** for more photos and a complete story.





## 2-1-1 Available for Tribal Members.

In the Manistee area, the 2-1-1 phone service has a tribal component. When you call the number looking for services, area information or other needs, if you identify yourself as being a Tribal Member, they will also help you to find tribal-only services. This has been coordinated with LRBOI Family Services, Members Assistance and other tribal government offices. Brochures and more information are available in some of the government offices. Just call 2-1-1 and let them help!



## Elders Meeting:

First

Saturday of every month

**Elders Conference dates announced.**

The Elders Office has announced their fall conference dates at Little River Casino Resort. The dates are November 6 and 7.

## Tribal Government Food Drive

The LRBOI Human Resources Department is organizing a food drive for the Salvation Army in Manistee. The Salvation Army helps county residents and tribal members in the area. Please drop off canned items (like fruit, peanut butter, soups/stews/chili, pasta and canned tuna, chicken and salmon etc.) at the main office 375 River Street. This Food Drive goes from November 4<sup>th</sup> through November 19<sup>th</sup>. No glass containers please!

## Reeths Puffer - Whitehall-Montague- Holton



Indian Education Presents  
Native American Celebration & Feast  
Ghost Supper - Geba geshik  
October 27, 2010 6:30 - 8 PM  
Reeths Puffer High School Cafeteria  
Corner of Roberts and Giles Rd.  
Muskegon, Michigan

POTLUCK bring a dish to pass share a meal with the community, we feed our ancestors a spirit plate in honor of all our people... Everyone is welcome to come and share a meal and listen to the stories and hear the Heart Beat of Mother Earth .....

Come listen to Giiwedini Monidoo and Feast

If you have any question call

Debra Gutowski

- 733-2891 or my cell 557-1634

## Work Search Computer!

The Commerce Department's Workforce Development Program has had a computer installed for job search and career-related activities at the Commerce Dept., 294 River Street. The computer may be used by any Tribal Citizen or Descendant and they must be signed up with the Workforce Development Program. The department also maintains a hard copy Job Postings Book at the workstation for all job postings through Tribal Government and LRBOI, as well as other job resource information.

Compiled by the Office of Public Affairs

If you have any specific questions, ideas or comments regarding this information, please address them to:  
The Office of Public Affairs, LRBOI, 375 River Street, Manistee, MI. 49660. 231-398-6840.

Or send them direct to [currentcomments@lrboi.com](mailto:currentcomments@lrboi.com).

Your comments will be forwarded to the right person at the tribal government within 24 hours.

**LITTLE RIVER BAND OF OTTAWA INDIANS**  
**ELECTION BOARD**  
**375 River Street**  
**Manistee, MI 49660**  
**(231) 723-8288**



## **Announcement of General Election**

Date of Election: April 29, 2011

Offices to be Elected: Office of Tribal Ogema  
Office of Tribal Council – Nine County District (three seats)  
Office of Tribal Council – At-Large District (one seat)  
Office of Election Board (two seats)  
Office of Appellate Court Judge (one seat)

### **Procedures for Establishing Candidacy**

*For Candidates for the Office of Tribal Ogema* – To run for the Office of Tribal Ogema, a Tribal member must obtain, complete, and submit a Declaration of Candidacy packet during the period listed in the Election Calendar, below.

*For Candidates for the Office of Tribal Council – Nine County District and At-Large District* – To run for the Office of Tribal Council in the Nine County District or the At-Large District, a Tribal member must obtain, complete, and submit a Declaration of Candidacy packet during the period listed in the Election Calendar, below.

*For Candidates for the Office of Election Board* -- To run for the Election Board, a Tribal member must obtain, complete, and submit a Declaration of Candidacy packet during the period listed in the Election Calendar, below.

*For Candidates for the Office of Appellate Court Judge* -- To run for the Office of Tribal Appellate Court Judge, a prospective candidate must obtain, complete, and submit a Declaration of Candidacy packet during the period listed in the Election Calendar, below.

### **Election Calendar**

Declaration of Candidacy Packets available.....	November 1
Declaration of Candidacy Packets due.....	December 3
Slate of Candidates certified.....	December 10
Last day to withdraw candidacy.....	December 17
Ballots mailed out for Primary.....	January 10
Ballots due and Primary Election Day.....	February 11
Deadline for Primary Election Challenges.....	February 18
Ballots mailed.....	March 28
Ballots due and Election Day.....	April 29
Deadline for petitions for recount.....	May 6
Deadline for election challenges.....	May 6

The Primary Election will be conducted by secret mail ballot. The homes of registered voters shall be designated as polls for voting purposes. You must be a registered voter with current mailing information on file with the Enrollment Department to receive a ballot. The ballot counting will be held at the Little River Community Center on U.S. 31 in Manistee, MI. Ballot counting process begins at 12:00 pm.

The General Election will be conducted by secret mail ballot and a central polling place. The homes of registered voters shall be designated as polls for voting purposes. You must be a registered voter with current mailing information on file with the Enrollment Department to receive a ballot. The central polling place will be located at the Little River Community Center on U.S. 31 in Manistee, MI. The hours for the polling place will be 10 am until 6 pm on April 29, 2011.

A copy of the Election Board Office Hours from November 1, 2010 through December 3, 2010 has been included in this mailing.

**Please note:** In accordance with the Election Board Regulations chapter 2, section 1(d): "If Voter Registration Form is not received by the Election Board 56 calendar days before an election, the eligible voter will not be registered to vote in that election."

Deadline for voter registration applications to be in to the Election Board are:

**December 17, 2010 for the Primary Election (if necessary); and**  
**March 4, 2011 for the Regular Election.**

The Election Board is not responsible for the failure of an eligible voter to complete the registration requirements by the prescribed deadlines.

# Election Board Office Hours Nov./Dec. 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1 pm to 5 pm	2 10 am to 2 pm	3 10 am to 2 pm Muskegon Office	4 2:30 pm to 6:30 pm Muskegon Office 1 pm to 5 pm Manistee	5 1 pm to 5 pm	6
7	8 10 am to 2 pm	9 10 am to 2 pm Muskegon Office 1 pm to 5 pm Manistee	10 11 am to 3 pm	11 <b>Closed for Veteran's Day</b>	12 10 am to 2 pm	13
14	15 10 am to 2 pm	16 10 am to 2 pm Muskegon Office	17 12 pm to 3:30 pm	18 2:30 pm to 6:30 pm Muskegon Office	19 11 am to 3 pm	20
21	22 12 pm to 4 pm	23 1 pm to 5 pm	24 <b>Closed</b>	25 <b>for</b>	26 <b>Thanksgiving</b>	27
28	29 10 am to 2 pm Muskegon Office 11 am to 3 pm	30 1 pm to 5 pm Muskegon Office	Dec. 1 1 pm to 5 pm	2 2:30 pm to 6:30 pm Muskegon Office 11 am to 3 pm Manistee	3 10 am to 5 pm	4

The Election Board Office is located in the Old Community Center on South US 31 in Manistee.